MARRIAGE LINKS

LASTING INTIMACY THROUGH NURTURING, KNOWLEDGE, & SKILLS







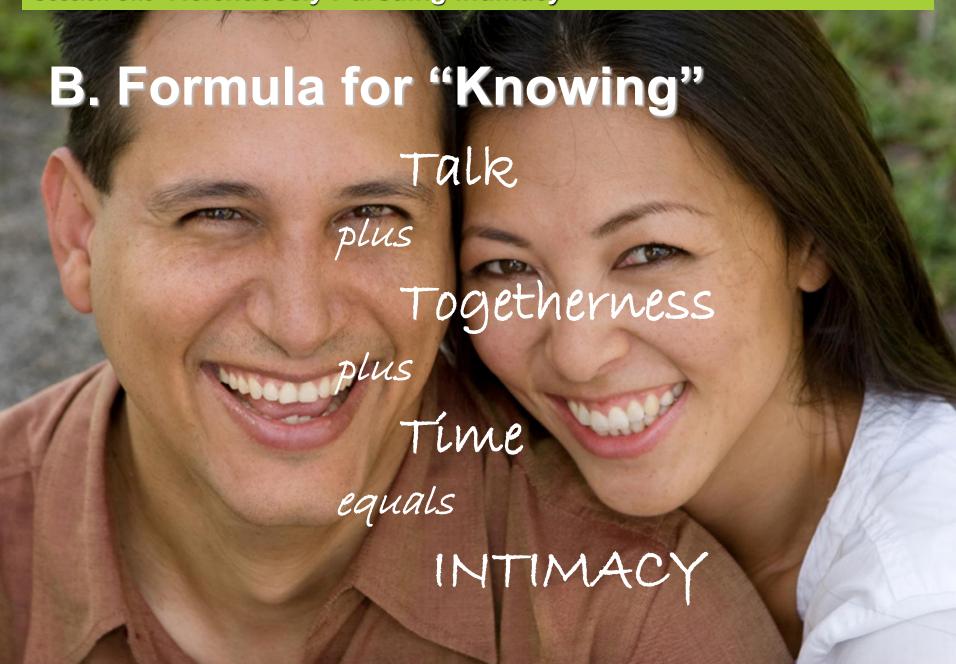
workbook



A. Five Principles of the RAM

- 1. A Picture Of A Loving Feeling
- 2. One Thing Leads To Another
- 3. Enough Of A Good Thing Is Never Enough
- 4. Never Stop Giving And Growing
- 5. A Picture Of A Healthy Relationship

Session One Relentlessly Pursuing Intimacy





BALANCED COMMUNICATION PATTERNS

1. C = content of message

M

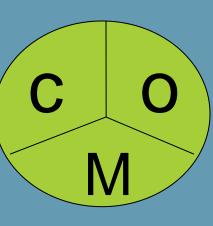
- 2. O= other person
- 3. M= messenger
- 1. Difficulty with "Content"
- 2.Difficulty with "Other" (listening)
- 3.Difficulty with "Messenger" (talking)
- 4. Combinations



C. Talk Time (when do you talk?)

BALANCED COMMUNICATION PATTERNS

- 1. Listen to your partner
- 2. Validate your partner's views
- 3. Explain your thoughts/feelings
- 4. Validate your partner's views
- 5. Blend your view with your partner's







A. Your Actions Are Important, But So Is Your Attitude

Trust is the positive belief you have in your spouse- it is the confidence you feel from the opinion you hold of your spouse.

Session Two Respectfully Cultivating Trust



B. How You Become Resentful

- 1. Little Things Begin To Add Up
 "The Pebble In The Shoe"
- 2 Little Things Become Big Things
 "The Sore On The Foot"
- 3. Big Things Are All You Can See "The Crippled Relationship"

C. Replacing Resentments With Respect

- 1. Admit Your Own Shortcomings "Pride comes before a fight"
- 2. Remember your partner's strengths "Beauty is in the eye of the beholder"
- 3. Focus On Ways Your Partner Helps You "The whole is greater than the sum of its partners"

D. Healing...Broken Trust

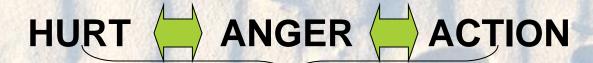
Working through minor disappointments and conflicts help you to develop the skills needed to work through more serious conflicts and breakdowns of trust.



Common ways couples handle conflicts and disagreements

- 1. Attacking
- 2. Avoiding
- 3. Asserting & Affirming

D. Healing...Broken Trust



RECONCILIATION

requires that you...

TALK IT THROUGH



UNDERSTAND & VALIDATE



RESOLVE

Forgiveness is given...trust is earned.









Strong bonds make a strong marriage.

NKS_{TN}